

# Acupressure for Sleep

**Pairs with VHA YouTube video *Acupressure Self-Care for Sleep***

## Instructions

- With your thumb or finger, press or rub to massage each acupressure point pictured below for 30 seconds.
- Use the amount of pressure that feels good and not painful.
- You can do the same point on the right and left side of the body for 30 seconds each.
- Repeat as needed for pain relief, up to five times daily.

## Cautions:

- If you are pregnant, or think you may be pregnant, talk to your medical provider before you start acupressure.
- If any of the points are in areas where you are numb, where you have a wound, severe swelling, active infection, or a recent blood clot, acupressure should not be used. Skip points that are in these areas, but you may use the other points shown in this handout away from those sites.
- If you experience any discomfort, dizziness, or other unusual symptoms, **stop the therapy immediately**. Contact your medical provider if symptoms do not stop.

